WITHIN OUR BORDERS

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Buying Public Can Reduce Disease By Refusing Unsanitary Goods

The buying public could be the most effective sanitation inspectorate in operation, if it would refuse to buy food which has been exposed to flies or dust, if it would not patronize butcher shops handling meat under unsanitary conditions, or even if it would refuse to drink coffee from a chipped cup . . . all these and other unsanitary practices would gradually disappear.

This was a point stressed at the sixth annual refresher course in sanitary inspection concluded recently at the University of Alberta. Between 25 and 30 registrants came from many Alberta districts and represented rural and city health units and liquor control board employees specializing in hotel inspection throughout the Province.

The first refresher course was held in 1945. Instigated by the provincial entomologist, annual courses have since been sponsored by the sanitary inspector's section of the Alberta Public Health Association in co-operation with the Faculty of Agriculture and the Department of Extension of the University.

Purpose of the course is to familiarize sanitary inspectors, by lectures, laboratory tests, discussion periods and field trips, with the latest developments in their work. The program covered the entire field of sanitary inspection service which deals with food control, restaurant sanitation, meat shops and abattoirs, bakeries and other food handling establishments. Testing milk on farms and in the dairy plants, testing public and private water supplies and sewerage disposal systems, rodent and vermin control, school and hospital sanitation were studied also.

Another phase of the service is the inspection of tourist accommodation. Regulations have been set up to guarantee tourist camps maintain a reasonable standard of sanitation. One inspector handles this problem on a full time basis during the summer season.

Sanitary inspectors are trained to carry a heavy responsibility. Their field is anything that may injure the health of the public or hinder in any way the prevention and suppression of disease. To conduct this program effectively, the fullest co-operation of the public is required.

New Course Designed to Aid Improved Restaurant Services

The proficiency of three students of Alberta's first Restaurant Management Course have been recognized with scholarships. The new course is taught at the Provincial Institute of Technology and Art, Calgary.

Main object of the course is to teach restaurant operators and employees to run a samll, clean food establishment efficiently, serve nutritious food with a reasonable profit and create good staff and public relations.

The one-year intensive course is designed to develop knowledge and skills in food production, a high standard of cleanliness. It provides also training for business control of a food service department.

Sections of the course are: principles of cookery, sanitation and science, applied mathematics, shop work at the school and out of the school, and general knowledge.

Meal and menu planning; food terms and measures; principles of food services for dining rooms, lunch counters, and clubs are included in the principles of cookery section.

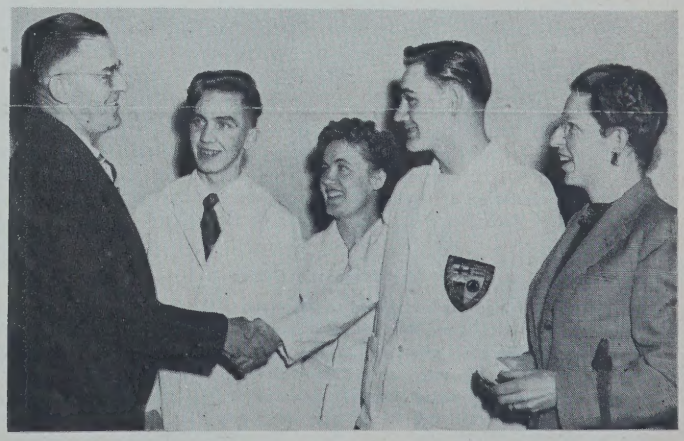
Sanitation and science deals with such subjects as storage, dishwashing, laundry and garbage. Shop and personal appearance are stressed. This section of the course includes simple food chemistry.

In the applied mathematics division use of the cash register, handling money, and banking are taught. Price lists, inventories, handling of invoices, business knowledge and some bookkeeping are studied.

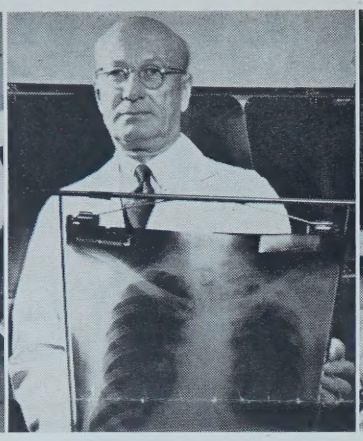
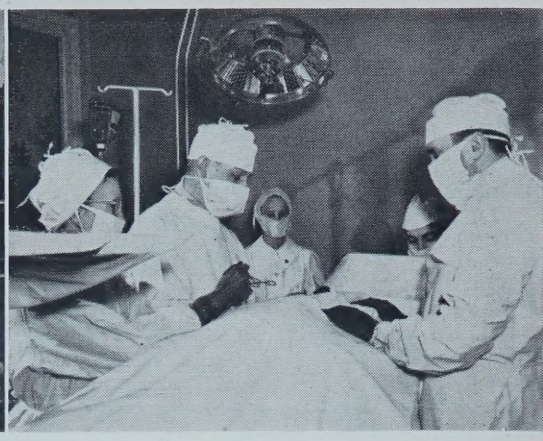
Covered in the school shop are fundamentals in the preparation of appetizers; soups, sauces, meats, fish, eggs, pies; vegetables and fruits. During shop classes service principles are emphasized and theory of related courses actually put into practise. The restaurant management students plan and prepare meals and lunches for the institute's cafeteria.

In order to advance the students' knowledge of the restaurant business, each Friday afternoon the class visits kitchens of popular hotels, restaurants, and tea rooms in Calgary.

Officials of the "refresher course" check the efficiency of a high-temperature short-time milk pasteurizer. Left to right are C. Mallett, sanitary inspector, Edmonton Rural Health Unit; H. Dean, sanitary inspector, Lethbridge; D. R. Stanley, provincial sanitary engineer; F. Wood, assistant professor of dairying, U. of A.; W. A. Milligan, provincial plumbing and sanitary inspector.



Three scholarships offered by the Provincial Department of Economic Affairs were presented to outstanding students in the restaurant management course, at Calgary. Shown above during the presentations from left to right are: R. D. McLean, provincial public relations officer; Herbert Anderson, Bowness; May Hill, Calgary; J. W. Pollock, Calgary; and Miss R. A. Ripley, course instructor.

In the picture on the left Miss Margaret Wallace, R.N., of Calgary, instructs a class of undergraduate nurses at the sanatorium. The centre photograph is of Dr. A. H. Baker, director of the T.B. division, department of health. Dr. Baker has devoted 32 years to tuberculosis work in Alberta. At the right is a scene in the "san" operating room. Operations of minor and major nature are performed when necessary. Here a group of doctors aided by nurses are performing a thorocoplastic. During an operation of this type from three to ten ribs are removed in order to collapse and give rest to the lung.

Alberta Tuberculosis Services

Extended services offered by the Alberta Government and the outstanding co-operation between the Province, Dominion Government, and the Alberta Tuberculosis Association is aiding greatly the control of T.B.

Alberta was the second Canadian province to provide free sanatorium treatment for her residents. The Tuberculosis Act of 1936 authorized free sanatorium treatment and diagnosis for residents irrespective of their financial position. At first, it was provided only for pulmonary and grossly infectious non-pulmonary cases. In 1949 the regulations were amended to include all types of tuberculosis. Prior to 1936 municipalities concerned paid $1.50 per patient-day with the remaining cost being paid from the Provincial Treasury.

During 1949 the Division of Tuberculosis Control spent $720,374.21 for the operation of their program. A small revenue from phases of this work slightly reduced the actual amount taken from the Provincial Treasury. During last year 1,015 persons were treated in the Sanatoria. Mobile X-ray units visited 60 points and X-rayed 73,022 persons. Almost six thousand films were sent from various parts of the province for interpretation, and 8,159 clinical examinations were conducted.

Modern Treatment Provided

This important program is conducted by the Division of Tuberculosis Control, Department of Public Health. Dr. A. H. Baker, B.A., M.B., with headquarters at the Central Alberta Sanatorium, Calgary, is the division's director. A sub-office and clinic is located in the General Hospital, Edmonton. The Aberhart Memorial Sanatorium which will provide 300 beds is now under construction in Edmonton.

Aim of the division is to give modern treatment to all active T.B. cases, especially infectious ones. This includes surgical, medical and dental services. The division is equipped also to prevent the spread of tuberculosis through X-ray, diagnosis, and education.

Persons who have been residents of the Province for 12 successive months during the past two years prior to sanatorium admission qualify for free treatment. Other persons admitted for care are required to pay for hospitalization and treatment. If deemed necessary, the director of the division, may authorize the admission of a patient to a general hospital until a sanatorium bed is available. Free treatment for patients is not offered in private homes.

Free Diagnostic Clinics

Another valuable service offered to Albertans is the free diagnostic clinics. These are held Monday and Wednesday afternoons at the Central Alberta Sanatorium, and Wednesday afternoon at the City Health Department, Calgary. Clinics are held in Edmonton at the General Hospital Tuesday and Thursday afternoons. Persons attending these clinics are those known to have the disease, their immediate contacts, and thirdly, any case a practicing doctor refers to the clinic.

Before the war clinics were held at Lethbridge, Medicine Hat, Drumheller, Red Deer, Stettler, Camrose and Vegreville. At present these centres only offer X-ray clinics but it is hoped to open up regular clinics immediately the required doctors are available. When a doctor's request has been received, the director may authorize X-ray examinations for individuals anywhere in the Province. Therefore if a patient from the Peace River district is admitted to the sanatorium at Calgary all the immediate family of the patient are authorized for X-ray examination in the Peace River District.

X-ray Services Offered

Through the use of mobile X-ray equipment the entire province has been serviced once and a portion of it twice. The Alberta Tuberculosis Association purchased two mobile units and the Alberta Government staffs and operates them. Itineries for the mobile units are prepared by the director of the tuberculosis division. Then the actual clinics are organized by the Alberta Tuberculosis Association. Alberta's entire population will be serviced by these mobile clinics periodically. Mobile clinics are designed to discover unknown cases of tuberculosis, with or without symptoms, and the chronic spreaders of infection.

The sanatorium at Calgary provides a miniature X-ray service. Any person may request one of these X-rays at any time and verbal reports are made at once.

Rest Essential To Cure

Rest is still the essential element of the T.B. cure. All patients must observe complete rest from one to three p.m. each day. This is combined with minor and major surgical procedure to give rest to the diseased portion of the body. Required operations also are provided free by the province.

At the sanatorium a conference of doctors is held each week to deal with the cases of new patients. At that time the patient's diagnosis and type of treatment is reviewed. No operation is conducted or any treatment changed before it is discussed at the conference. Emergency cases are an exception. This system is followed also at the Edmonton sub-office.

Sanatorium treatment is carried out by physicians and surgeons who are full time employees of the Tuberculosis Division. However when it is considered advisable specialists are engaged. In line with this regulation urologists are brought in for kidney operations and orthopaedists for bone work. General practitioners do not conduct special work.

Operations Performed

During sanatorium treatment the type of care offered by the staff varies from completely bed-ridden patients to persons who are ambulant. The graduation of cases includes those who must be fed and washed to up-patients working on occupational therapy projects.

One of the most common minor operations at the sanatorium is artificial pneunothorax. During this operation air is injected to collapse and give rest to a lung. Another operation provides for crushing of the phrenic nerve. This paralyzes one-half of the diaphragm giving rest to the lung on the crushed side. Other surgical work requires removing from three to ten ribs in order to collapse and rest a lung. The name of this type of operation is "Thoracoplasty." Surgical procedure for non-pulmonary cases such as spine, hip, and other organs is provided.

New Drugs Aid Treatment

Some of the newer drugs are a great aid in treating tubercular patients. The list of newer drugs includes: streptomycin, and para amino-salicylic acid. Another essential portion of treatment is a well balanced diet. Professional dietitians are employed at the Sanatorium. They are required to prepare some very special diets. All food is prepared in the main kitchen and is served to the bed patients from seven diet kitchens.

An important part of the tuberculosis program is the training of nurses. Four hospitals in the province now are sending under-graduate nurses to the sanatorium for training. These hospitals are: Galt Hospital, Lethbridge; Medicine Hat Hospital; Holy Cross Hospital, Calgary; and the Lamont Hospital.

Occupational therapy is playing an important role in the curing of T.B. patients. This includes handicraft work along with academic and commercial teaching. Most of this type of instruction is conducted at the bedside. Up-patients are able to do woodwork and leathercraft in the shops. Articles made by the patients are often sold. After the cost of materials has been deducted the renumeration from these articles goes to the patient.

Varied Recreation

Various forms of recreation are provided for the patients at the sanatorium. Every bed has a set of earphones attached to a central radio. Programs are available each day from 7:00 a.m. until 10:15 p.m. except during the afternoon rest period. A radio committee of patients selects the programs. A highlight of the week is the Sanatorium Request Hour presented by Radio Station CKXL, Calgary, every Sunday morning. Movies are shown once a week for both ambulant and bed patients. The sanatorium library circulates 5,000 books among the patients. Cribbage and billiard tournaments, and concerts are popular forms of entertainment.

Church services for various denominations are held each Sunday. A new chapel recently has been constructed at the Sanatorium.

The Dominion Government is aiding T.B. diagnosis and care by providing for veterans and the Indian and Eskimo population. The Indian Affairs Branch operates mobile X-ray units also.

Association Conducts Rehabilitation

Rehabilitation of tuberculosis patients is another valuable service offered by the Alberta Tuberculosis Association. The association's rehabilitation officer divides his time equally between the patients at Edmonton and Calgary. There are assistant rehabilitation workers at both cities.

On admission to the sanatorium either in Calgary or Edmonton, doctors estimate what type of work the patient will be able to follow on discharge. Soon after entry the rehabilitation of the patient is started. After counselling and testing the rehabilitation officer and patient select a feasible course.

Phases of rehabilitation include: vocational guidance and testing; in-sanatorium training; post sanatorium training; placement guidance and assistance. Majority of patients do not require retraining because they will be able to return to their former occupation. Less than 25 percent require rehabilitation.

Association and Government Co-operate

In some cases the Alberta Tuberculosis Association co-operates with the Provincial Department of Education to provide training for a discharged patient. When a trainee is ready to seek employment the association again assists, working in co-operation with tthe National Employment Service and other employment agencies. The association maintains it rehabilitation contact with the patient for five years. About ten persons are under rehabilitation training at commercial establishments.

The Central Alberta Sanatorium was opened October 20, 1920. It was built as a Dominion-Provincial project. The Alberta Government began full operation of the institution July 1, 1925. First patients at the "san" were 40 soldiers who were moved from a temporary sanatorium at a Wetaskiwin hotel. The following day another 40 patients arrived from the Dominion Sanatorium at Frank, Alberta. When the sanatorium was opened it had accommodation for 160 patients. It is now a 288-bed sanatorium. Its beautifully landscaped grounds are widely known. Throughout the years many fine buildings have been added.

Large Staff

The staff of more than 175 employees includes seven doctors, 39 nurses, 17 orderlies, clerks, dietitians, cooks, X-ray and laboratory technicians, laundry workers and others. The Edmonton staff is comprised of five doctors, a teacher, a handicraft instructor, and clerical staff.

Dr. Baker Contributed Much

The division director, Dr. Baker, has devoted 32 years to the treatment of tuberculosis and he has been personally responsible for much of Alberta's advancement in this field. His first work with the disease was learned the hard way, as a patient. Dr. Baker was appointed superintendent of the Frank Sanatorium in 1918 and was transferred to Calgary in 1920.

The native of Ontario is a graduate of McMaster University and the University of Toronto, holding B.A., and M.B. degrees. Before coming west he spent a year at the Mayo Clinic doing general diagnostic work. Then for a short period he was employed by the New York City Health Department. After a short tour with the Canadian Army Medical Corps, Dr. Baker did six-months post-graduate work in England and the continent.

Dr. Baker is a fellow of the Royal College of Physicians and Surgeons of Canada and he holds a special degree for internal medicine of the tuberculosis branch.

Alberta rates among the top provinces in prevention and cure of tuberculosis. In recent years diagnostic efforts have been increased and the general public is much better informed. Existing improved living standards help the fight against T.B. The extensive educational and publicity program conducted by the Alberta Tuberculosis Association has aided progress in the Province.

The above series of photographs depict activities of the patients while taking treatment at the sanatorium near Calgary. At the left Mrs. Gladys Clarke, Fort Vermilion, spends many hours making cross-stitch pictures. The centre picture shows Miss Louise Edwards, a nursing aid, helping a group of two and three-year-old children with lunch. At the right, Staff Teacher Mrs. C. B. Woodford instructs Marie Nielson, of Rosebud, a grade two student. (Alberta Government Photographs)

JOHN WILLIAM JUDGE

Deputy Minister Recognized As Municipal Authority

(This is the third of a series of portrait articles on members of the Alberta Government Public Service. It is felt that to know members of the service is to know something more of the Government Services provided for the public. Mr. Judge is one of many hundreds of Civil Servants who have made the Public Service their career).

If John William Judge, deputy minister of municipal affairs, were to be remembered for nothing else he would be remembered for the famous "Judge Commission Report" which during the past two years has brought about many improvements in the provincial-municipal taxation structure.

Mr. Judge was a one-man commission in his comprehensive study of provincial-municipal affairs although he was given much assistance by Professor Andrew Stewart, of the University of Alberta, in an advisory capacity and in the gathering of public evidence by Mr. K. A. McKenzie, now acting legislative counsel.

The carrying out of the Judge Report recommendations by the Alberta Government has resulted in substantially increased assistance to municipalities by the province and achieved much to even the burden of responsibilities between these two governing bodies. The report and the province-wide work of the commission established Mr. Judge as one of the outstanding authorities on provincial-municipal affairs in Canada.

As deputy minister of the provincial department more closely concerned with municipal government than any other, Mr. Judge has a grasp of all the problems, specific as well as general, of every communal unit in the province, from cities to improvement districts. In addition, the Department has care of 6,200,000 acres of "Special Areas" of which there are four administered by a board whose office is in Hanna.

Chairs Board

His office includes also chairmanship of the agricultural relief and adjustment board which has to do with agricultural relief advances, reviewing and adjusting debts owing to Dominion and provincial governments from advances made during drouth years.

Mr. Judge is a native of Renfrew, Ontario, where he was born August 8, 1888. He learned engineering "on the job" for two years with the Ontario government and later with the Canadian Pacific Railway in whose service he came west in 1909 to join the engineering staff at Winnipeg.

His entrance to the Alberta scene was in 1911 in connection with the construction of the CPR's Lacombe-Macklin-Kerrobert line. In 1912 he moved into the service of the E.D. and B.C. railway as resident engineer and in that capacity he remained until 1923 except for the First Great War years when he served first with the Canadian Engineers and later with the 7th Railway Troops. He was demobilized in 1919, but two sons followed their father's footsteps into the battlefield a generation later, of whom one is now practising law and the other is in his senior year of medicine.

Joined Government in 1925

On return to civil life Mr. Judge went back to his position with the railway and remained as assistant superintendent until he joined the Provincial Department of Public Works in 1925. After serving that Department for four years as resident engineer on various important highway projects he transferred to the Department of Municipal Affairs in November, 1929. At that time the enlargement of municipalities which became an accomplished fact in 1942 was no more than a project, and his duties as "research officer" included a survey of Alberta municipal conditions—generally the municipalities' readiness for organization under the proposed scheme.

Contemporaneously with these duties Mr. Judge was also director of assessments from 1935 and in 1938 he was made assessment commissioner. It was from this position he was promoted to that of deputy in 1946.

The functions of the department, which are therefore those of the deputy minister, are contained in the whole of three voluminous Acts—the Municipal District Act, the Town and Village Act and the Improvement District and Special Areas Act—and in portions of 42 other Acts.

Of Mr. Judge, the Western Municipal News in 1936 had this to say: "He is an old friend who we have known and liked for many years." Coming from the official organ of municipal organizations, it was indeed a tribute to this public servant's quiet, efficient manner and it reflected the deep sincerity with which he occupies his position of considerable authority.

Pheasants Distributed By Provincial Hatchery

Purpose of the Provincial Pheasant Hatchery at Brooks is to distribute the pheasant population in Alberta. The hatchery is operated by the Game Branch of the Department of Lands and Forests. It was opened in the spring of 1945 and since then 22,000 pheasants were shipped to various Alberta centres from Brooks.

Government officials plan to expand the hatchery in order to provide 8,000 birds each year. Hatchery operations began with 12 brooder houses, and two incubators. This provided a 6,000-egg capacity which was doubled the following year. Next year it is hoped to have a capacity of 8,000 chicks when the number of brooder houses will be increased to 41. The operations will require about 16,000 eggs.

Brooks was selected for the pheasant hatchery location because of the access to eggs in the district. Pheasants were imported to the Brooks area from the United States 25 years ago. The pheasants are distributed to centres throughout Alberta known to be suitable habitats. During the first year's program birds were sent to 50 centres. However, it was discovered that they were not successful in several districts, therefore, greater care in placing was exercised. Six to eight areas are stocked each year.

School Children Gather Eggs

Pheasants nest chiefly along ditches and at the edge of willow patches. Some nests are found in fields. Most of the eggs are gathered by school children who are paid four cents per egg upon delivery at the hatchery. Many district schools visit the Brooks establishment during the hatching season.

Gathering of eggs usually begins the first week in May and continues for about two weeks. Hatching of the eggs requires 21 days. When the birds have been hatched they are kept between eight and twelve weeks at the hatchery before shipment.

The pheasants are shipped in specially built crates with felt-padded tops. Usual mode of transportation is truck because it is faster than other media. Last year, for the first time, some birds were tested in outside enclosures, using clips on the wings. They progressed better than the pheasants reared inside smaller enclosures.

Hunters' Prize Possession

An important part of the new equipment is the two battery brooders which will house chicks until they are 10 days old. The greatest loss of birds is suffered in this period.

Pheasants are a prize possession of a hunter. It makes a magnificent object of sport to the upland shooter. The pheasant is wild, wary and well able to take care of itself. It definitely tests the hardihood and skill of the hunter. When brought to bag the cock pheasant is a treasured trophy and large enough to furnish a good meal on the table. The meat is considered a delicacy being similar to turkey with a slightly wild taste.

Many American sportsmen come to Alberta each fall to hunt pheasant. The large game cock bird is beautifully colored displaying a narrow gracefully pointed tail about 15 inches long. His back presents outstanding color in complicated pattern with maroon, cream, ochre, black and shades of emerald green many of them metallic. The back is mostly green. The wing-coverts largely maroon, and the cape mostly ochre.

"Within Our Borders" is a publication designed to acquaint the people of the Province with the administration and services of the Alberta Government.

It is believed the many and varied services of the Government will be effective in the degree they are known and used.

Any material used is for immediate republication.

Correspondence should be addressed to "Within Our Borders", Legislative Buildings, Edmonton.

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